



# Reaching Out To F.R.I.E.N.D.S

## Being Transparent and Becoming People Curious

### The One with the Interpreter Talking About a Park

Think of your favorite sitcom. They all have standard elements—a laugh track, a single-camera point of view, familiar set pieces, etc. These common components speak to the viewer and cue them in much of the backstory so that the view can focus on the characters as they go about their fictional lives. The form is transparent and easy to understand.

The characters in many of the sitcoms are also outwardly transparent – their facial expression and nonverbal communication match what they are saying and what they mean.

Take NBC's *F.R.I.E.N.D.S.* for example (though any sitcom works). When Joey is surprised, his facial expression shows it—his eyes bulge, his eyes go wide, his eye brows raise, his mouth drops open. You don't even need to listen to the conversation or sound effects – you can always tell he's surprised!



### Visitors Aren't Always Transparent... and Neither Are You!

But – spoiler alert – sitcoms aren't real life. We hide things from people all the time. That's what makes so much of life interesting and messy! When you open up about who you are with people you trust, though, it helps others open up to you too. Being more transparent is the first step to being people-curious.

#### Rate Yourself

When I interact with people, I tend to...

1 2 3 4 5 6 7 8 9 10

Stay Bottled  
Up Like A  
Fine Wine

Wear My  
Heart On  
My Sleeve

#### Ask a Coworker to Rate You

When \_\_\_\_\_ interacts with people, they tend to...

1 2 3 4 5 6 7 8 9 10

Stay Bottled  
Up Like A  
Fine Wine

Wear My  
Heart On  
My Sleeve

#### Ask a Family Member to Rate You

When \_\_\_\_\_ interacts with people, they tend to...

1 2 3 4 5 6 7 8 9 10

Stay Bottled  
Up Like A  
Fine Wine

Wear My  
Heart On  
My Sleeve

How did your rating  
compare to the others  
you asked?

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What's one way you  
could be more  
transparent with  
others?

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